

Case Example 4444: Kayla General Medical Interpretive Report

Kayla is a 17-year-old African American, referred for a psychological evaluation by her physician after several months of gastrointestinal complaints, headaches, and neck pain. An extensive medical evaluation, including neurological and internal medicine consultations, was negative. No physiologic basis for her symptoms had been found at the time of her referral to a psychologist.

The MMPI-A was administered as part of her evaluation, with scores and interpretation from the Minnesota Report. Kayla's tendency to exaggerate symptoms is also apparent in her MMPI-A responses, given her validity scales profile described in the first section of the Minnesota Report narrative. Her numerous and varied somatic symptoms were found on both the clinical and content scales profiles.

Kayla's Minnesota Report describes several psychological factors as part of her clinical picture, including reports of multiple symptoms of anxiety, tension, worry, and feeling of being overwhelmed by her problems. She's very pessimistic and describes considerable discord within her family. She has limited involvement at school and feels considerable distance from others. An issue not mentioned in her medical evaluation was her endorsement of some symptoms of eating disorders, described in the narrative section under Diagnostic Considerations. An examination of the item level indicators on pp. 13-14 of her Minnesota Report indicates she admitted to vomiting as a weight control measure. Other item endorsements that could be explored further in a follow-up session are her reports of "beatings" under family problems and the depression/suicidal ideation endorsements.

The Minnesota Report provides suggestions for treatment including behavioral approaches like stress inoculation training, coordination with her school to encourage daily school attendance, and ways to promote friendships or social skills. Kayla is likely to be resistant to mental health treatment. Her low self-esteem, feelings of being overwhelmed, and distance from others, highlighted in the narrative sections, provides useful information to her therapist for planning her initial sessions.